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Your essential daily news | WEDNESDAY, MAY 4, 2016

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The census gets its groove back

COURTESY JEROME GAROT

# 'MY WHOLE LIFE IS BURNING AWAY'

## Wildfires force tens of thousands to flee from Fort McMurray

metroNEWS

# Ellard denied parole

SECOND-DEGREE MURDER

## Conviction upheld 19 years after death of Reena Virk

A young woman serving a life sentence for second-degree murder has for the first time taken responsibility for the death of a 14-year-old Vancouver Island girl almost two decades ago, but Kelly Ellard's confession wasn't enough to earn her day parole.

In her first parole hearing since the Supreme Court of Canada reinstated her conviction, Ellard told a two-member panel she had "omitted" details about Reena Virk's death from her testimony during trial.

She admitted on Tuesday that if she hadn't participated, Virk would probably be alive today.

When asked by a board member who was responsible for Virk's death, Ellard replied "I believe I am."

In delivering the board's decision, a member commended her for accepting more responsibility but noted her admission did not match the facts of her conviction.

"I was 15 years old. I was a child," Ellard told the board, stressing her key priority for release is to obtain substance-abuse treatment. "I'm not that child anymore."

In November 1997, Ellard and a crowd of mostly girls swarmed Virk under a Victoria-area bridge. After the beating, Virk limped across the bridge, followed by Ellard and Warren Glowatski.

The trial found the pair then continued the beating and held Virk's head underwater until she drowned.

But during the hearing, Ellard disputed that account and provided a graphic description of her version of the final moments of Virk's life.

Ellard told the board she now decided to be truthful based on "soul-searching" over the past two years, in part prompted by a conversation with her mother.

She took advantage of Glowatski, she said, adding that she didn't think he would have made the choice to let Virk drown on his own. Glowatski, who was also convicted of second-degree murder, was given full parole in 2010.

THE CANADIAN PRESS

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Your essential daily news

'Messi boy' viral story takes sad turn as his family flees Afghanistan. **World**

# Support warms woman's heart

HARASSMENT

## Baristas quick to respond after homophobic slurs from man

**Thandi Fletcher**
Metro | Vancouver

A Vancouver woman says her faith in humanity is restored after several strangers rushed to help her and a friend while a man shouted homophobic slurs at them.

Diana, who did not want her full name used because she has concerns for her safety, told Metro that she and her friend had just sat down for coffee inside the Starbucks on Commercial Drive and 2nd Avenue last Wednesday when a man approached them and started verbally berating them.

"One of the first things he said was, 'You lesbians are cancer,'" Diana recalled the situation.

"He said, 'We invented AIDS to kill you gays' and 'You guys will never have children' … I was in shock because I may have encountered that one time when I was holding a woman's hand maybe 20 years ago."

Within moments, Diana said two female baristas ran out from behind the counter and ordered the man to leave the store immediately.

When the man continued to loiter outside the Starbucks, staring at her and her friend through the windows, she said the baristas locked the doors and called police.

A Vancouver woman says she is overwhelmed by the support of strangers after a male customer yelled homophobic slurs at her and a friend at the Starbucks on Commercial Drive and 2nd Avenue. COURTESY STARBUCKS

Const. Brian Montague, spokesman for Vancouver police, confirmed that police responded to the coffee shop around 9:30 p.m. that evening following a report that a man was yelling at two women in the store.

Police found the man several blocks away on 6th Avenue.

"He was suffering from mental health issues and was arrested," said Montague.

While it wasn't immediately obvious to her that the man had mental health problems, Diana said the incident was still shocking considering she moved to Canada to be able to come out and "assume her real self."

Originally from Australia, she said she grew up in Tasmania where homosexuality was illegal until 1997.

Since moving to Vancouver 18 years ago, she said she has not experienced a single incidence of homophobia.

> **"These really amazing people totally just reaffirmed my faith that we're 99.9 per cent good hearts.**
> Diana

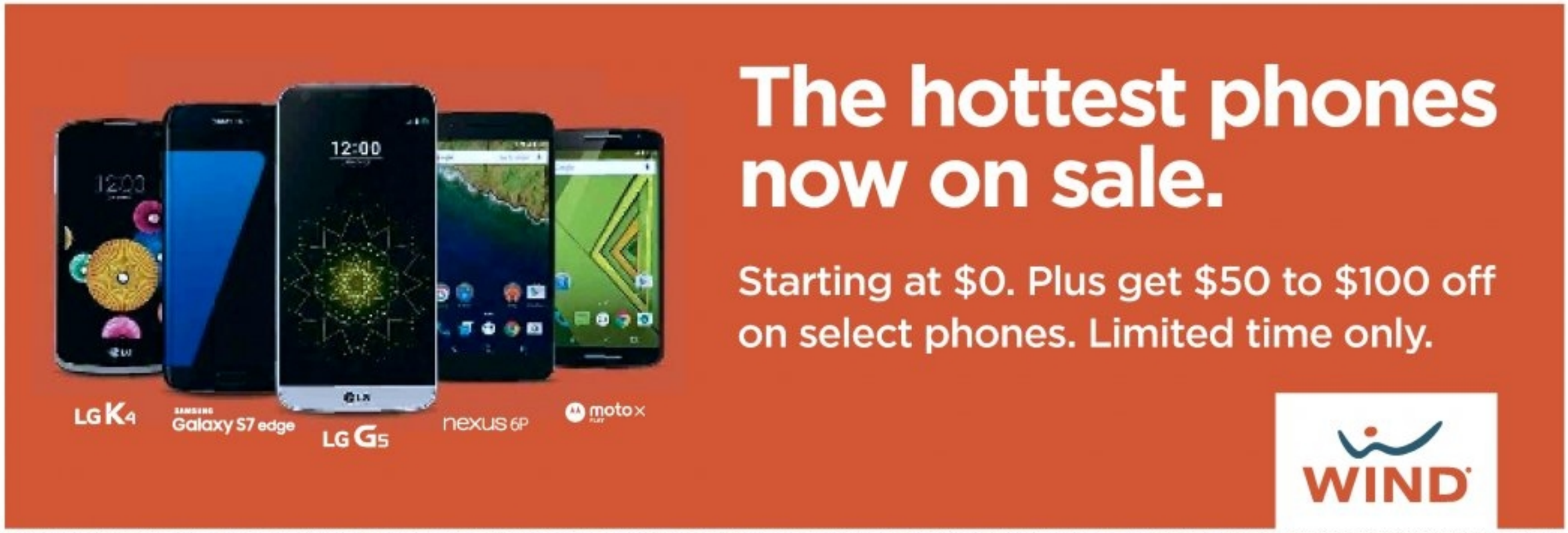
Although the incident left her reeling, Diana said she was pleased to see the quick response from the Starbucks baristas to keep her and her friend safe.

In a statement, a Starbucks spokeswoman said the company wants all customers to feel comfortable in their stores.

"We are proud of our partners for how quickly and safely they handled this very difficult situation," Madeleine Löwenborg-Frick said in an email.

Diana said the response from total strangers, who rushed to her and her friend to apologize for his comments and check if they were OK, also warmed her heart.

"These really amazing people totally just reaffirmed my faith that we're 99.9 per cent good hearts," she said. "The people who came forward just enriched me … and my belief that this is still a fantastic city and I love living here."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# Armed threat at diner ends without shots fired

YALETOWN

## Both men have known gang associations, say police

Thandi Fletcher
Metro | Vancouver

A dramatic police takedown at a busy Yaletown intersection ended with the arrests of two alleged gang members Sunday evening.

Const. Brian Montague, spokesman for Vancouver police, said officers responded to a report of an argument between a group of people that allegedly involved a firearm at a Yaletown restaurant shortly after 9 p.m.

"Police located a cab near Homer and Davie Street with two men believed involved and took them into custody," he told Metro.

Police arrested both men at the scene. He said officers found a loaded handgun at the scene.

James Carlton Lewis, 29, of Langley has been charged with possession of a prohibited firearm with ammunition, uttering threats, careless use and storage of a firearm, and occupying a vehicle knowing a firearm is present.

Lewis has warrants for his arrest in Alberta and Ontario, and has a lengthy criminal record in both provinces, said Montague.

Louie Mojica, 27, of Calgary has been charged with occupying a vehicle knowing a firearm is present.

**Louie Mojica, 27,** of Calgary was arrested on Homer and Davie streets on Sunday evening. He has been charged with occupying a vehicle knowing a firearm is present. THANDI FLETCHER/METRO

Both men have known gang associations, said Montague.

The tense situation Sunday evening drew a crowd of onlookers.

Although Mojica was compliant with police and arrested without incident, Montague said Lewis allegedly refused to follow police orders.

> **For everyone's safety, police had to also use significant physical force to take Lewis into custody.**
> Const. Brian Montague

Montague said officers dealt with the two men at gunpoint. While no shots were fired, he said the public is always at risk when a person allegedly brandishes a loaded handgun in a restaurant.

"Add booze, bravado and other factors and it can be a recipe for disaster," he said. "For everyone's safety, police had to also use significant physical force to take (Lewis) into custody."

Shortly after he was placed in cuffs and locked in the back of a police van, Lewis could be heard kicking and screaming from inside the vehicle while investigators processed evidence at the scene.

Detectives also interviewed a distressed young woman at the scene who identified herself as Lewis' common law spouse.

She declined Metro's request for comment.

"I really don't think I should be giving you comment. Sorry, ma'am, I can't do it," she said.

Both Lewis and Mojica appeared in court Monday. Lewis is scheduled to appear again Thursday, while Mojica is scheduled to appear again Wednesday.

**BACKGROUND**

**The incident is the second this year** involving the arrest of an alleged gang member on Homer Street in Yaletown.

In January, dozens of police officers and SWAT members stormed a condo building in the same block and arrested an alleged United Nations gang member, who has been charged with first-degree murder and conspiring to kill the leaders of a notorious rival crime group.

SEXUAL ASSAULT

## Accused gropers arrested

Two men are facing sexual assault charges in connection with separate groping incidents that took place on the Metro Vancouver SkyTrain system last month.

On April 25, a woman who had missed her train at Main Street SkyTrain Station was approached by a man who asked if he could buy her a coffee while she waited for the next train, according to a Transit Police news release.

When the train arrived, the man followed the woman on board, sat beside her and asked her to hold his hand. When she declined, police said the man the slid his hand between her legs and allegedly groped her.

The woman left the train at Granville Station and called the police, while the suspect remained on the train.

An investigation found the suspect works as a cleaner at the food court and mall next to Waterfront Station. The 53-year-old Surrey man was arrested April 26 and is facing a charge of sexual assault.

In the second incident, a woman was riding up escalator at Patterson Station at about 7:50 a.m. April 28 when she felt fingers groping her between her legs, according to police.

When she turned, she saw a man immediately behind her and followed him on to a westbound train. While she tried to take a picture of him, police said he allegedly grabbed her by the shoulders and pushed her backwards.

Both the suspect and the victim got off the train at Joyce Street Station and a SkyTrain attendant called police.

The suspect, a 29-year-old Burnaby man who is known to police, was arrested nearby and is facing charges of assault and sexual assault.

THANDI FLETCHER/METRO

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RECREATION

# Registration open for Bike to Work Week

**A cyclist at the June 2015 event.** JENNIFER GAUTHIER/METRO

Organizers expect this year's Bike to Work Week in Vancouver to be the biggest yet.

Up to 13,000 cyclists are expected to take part during the event, from May 30 to June 5, now in its tenth year.

HUB Cycling announced Tuesday that registration is now open on its website.

Registration is free, and allows participants to create teams, map routes, log trips and enter to win prizes, according to HUB.

Last year, nearly 11,000 people took part in the event throughout Metro Vancouver.

The event is designed to promote cycling as a suitable mode of transportation, and organizers say it accomplished that goal if the 2015 numbers were anything to go by.

**11K**

**The estimated number of participants during last year's event.**

Twenty per cent of participants who registered said they were brand new to bike commuting.

Participants are expected to log as many as 100,000 trips by bike during Bike to Work Week this year, totaling a million kilometres.

For more information, visit **www.bike-hub.ca/btww.**

**City council** voted to ask the province to put election finance reform on the provincial ballot. ERIC DREGER/THE CANADIAN PRESS

# City seeking referendum

ELECTION FINANCING

## Council votes to ban union and corporate donations

**Matt Kieltyka**
Metro | Vancouver

Vancouver will push the provincial government for a referendum on big money in politics.

Council voted unanimously Tuesday on a motion calling for a question on next year's provincial election ballot that asks voters whether or not municipalities should be able to regulate their own campaign finance rules for local elections, including the power to ban corporate and union donations.

The motion, introduced by Coun. Andrea Reimer, comes after a decade of unsuccessful lobbying on the city's part for changes to the Local Elections Act and to the Vancouver Charter.

"I really believe we have tried to engage the province in good faith on this for over a decade now," Reimer said at council. "It's time to let people speak on this. There is no question that the public supports campaign finance rules."

Reimer said there is currently "a gulf of difference of opinion" when it comes to election financing reform between the city and the B.C. Liberal government.

Despite Vision Vancouver benefiting from $3.4 million in donations during the last municipal election, Mayor Gregor Robertson bemoaned the increasing amount of money involved in modern politics.

"It's been very frustrating to have no meaningful provincial action to rein in the big money that has flowed into Vancouver politics over the last couple of elections," Robertson said. "We'll hopefully see some support from the provincial government once they see where the people of B.C. stand on this issue."

A poll released by Insights West, and commissioned by the Dogwood Initiative, last month showed the overwhelming majority of British Columbians want a ban on union and corporate donations from party politics.

Eighty-six per cent of B.C. residents support such a ban, including 81 per cent of B.C. Liberal voters and 91 per cent of B.C. New Democratic Party supporters, according to the poll.

While he supported the motion, Non-Partisan Association Coun. George Affleck warned a referendum may backfire.

"We all know how referendums go," he said, referring to last year's failed plebiscite on regional transit funding in Metro Vancouver. "I don't support referendums because they become political in their own sense. It's all about marketing. Do we get to what the people really want in referendums? Hard to say."

Still, he said he supports more transparency in the city and is "open to letting people speak" on the issue.

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RIVERVIEW

# Province takes first step in redevelopment

The B.C. government is taking the first steps toward redeveloping the Riverview lands in Coquitlam.

The Provincial Health Services Authority has issued a formal request seeking companies qualified to design and build a 105-bed Centre for Mental Health and Addiction.

A release from the Ministry of Health says the new centre is expected to open in late 2019, replacing a similar one in Burnaby.

Plans were announced last year for the $175-million facility, with further development of the Riverview lands expected to include a treatment centre for adolescents and a 10-bed assessment clinic.

The Kwikwetlem First Nation claims the property as part of its traditional territory.

The First Nation had originally opposed expansion of health-care services on the land without its consent but the ministry says it has a protocol agreement with the band and discussions on future development are ongoing.

**HISTORY**

A psychiatric hospital and other mental-health facilities have been located on the property for nearly 100 years, but the lands have been mostly vacant since Riverview Hospital closed four years ago.

"The new 105-bed facility will provide enhanced care for those with severe mental-health and substance-use issues, and help patients safely reintegrate back into the community," says Lynn Pelletier, vice-president, BC Mental Health & Substance Use Services, an agency of the Provincial Health Services Authority.

The location and design of the new facility will align with a BC Housing's plan for a master development for the nearly 100-hectare Riverview site.

THE CANADIAN PRESS


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#105 - 1975 McCallum Rd. - (604) 746-2290

**Richmond - May 5 to May 6, 2016**
#180 - 7031 Westminster Hwy - (604) 278-1540

**White Rock - Apr 28 to Apr 29, 2016**
#107 - 1461 Johnston Road - (604) 542-2276

**Burnaby - Apr 25 to Apr 27, 2016**
#115 - 5050 Kingsway - (604) 432-9271

**North Van - May 5 to May 6, 2016**
#215 - 1433 Lonsdale Ave - (604) 985-1440

**Squamish - May 12, 2015**
#2 - 38003 2nd Avenue - (604) 390-1130

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**Vancouver – Creekside Community Center, May 3 @ 7pm**
**Burnaby – Bonsor Community Centre, May 5 @ 7pm**
**Richmond – Richmond Public Library, May 12 @ 7pm**
**White Rock – Office, May 18 @ 7pm**
**Abbotsford – Clearbrook Library, May 25 @ 6pm**
**North Vancouver – North Vancouver Public Library, May 26 @ 7pm**
**Squamish – Squamish Public Library, May 31 @ 7pm**

**Call 1-800-732-7985 or email customerservice@clinicalsleep.com for more information and to reserve your seat!**

City council said its plan to open 1,000 child-care spaces by 2018 is on pace. ERIC DREGER/THE CANADIAN PRESS

# City on pace to meet goals

CHILD CARE

## More money, help from feds still required, council says

Matt Kieltyka
Metro | Vancouver

Vancouver will be able to meet its goal of opening 1,000 new child-care spaces by 2018, council heard Tuesday.

Mary Clare Zak, the city's managing director of social policy and projects, updated city hall on its progress to date and said 557 spaces have either already been opened (188) or are currently under development (389).

"So essentially, we've achieved 57 per cent of our goal," she said.

"We're confident we will meet the goal; we may even surpass it a little."

It hasn't always been easy.

Zak said the Vancouver School Board's current budget situation, specifically the threat of school closures, could put some existing child-care spaces at risk.

City staff have also been forced to get creative when looking for suitable child-care locations in dense urban environments.

For example, the city is in the midst of converting the top level of an underutilized parkade at 150 Water Street downtown to a child-care facility.

That project is due for completion in 2019.

The city is currently spending $30 million in capital costs to build the spaces.

Zak said staff will request a funding increase next year to help achieve its child-care targets.

Even if the city reaches its goal of 1,000 new child-care spaces, it won't be enough to fill demand.

> **"We're confident we will meet the goal; we may even surpass it a little."**
> Mary Clare Zak

Only 35 per cent of families in Vancouver are currently able to access the child care they need for children aged up to four.

That number drops to 33 per cent for school age children who require before- and after-school care.

"This is a terrific achievement and the goals set by the city have produced great results," said Coun. Geoff Meggs, "but we still have to have a national (child care) program. The majority, the large majority, of kids still have no access to child care, which is a huge problem for the city."

# Sculpture the key to one's heart

QUEEN ELIZABETH PARK

## Board approves love-lock public art piece

Matt Kieltyka
Metro | Vancouver

Love will be on lockdown at Queen Elizabeth Park.

The Vancouver park board settled on a final location and concept Monday night for a love-lock public art sculpture, which will allow couples to show their love for one another by putting a decorated padlock up in public and throwing away the key.

The park board decided to first explore the possibility of a permanent installation for the love locks after concerns about the number of locks attached to fencing on the Burrard Bridge and throughout False Creek.

**$50,000**

**The price tag** of Bruce Voyce's Love in the Rain sculpture.

The winning design comes from Strathcona artist Bruce Voyce, whose sculpture, Love in the Rain, will feature four entwined couples which are capable of supporting several thousands locks each.

The keys can be deposited in a box near the sculpture and will eventually be melted down to become part of the piece, according to the park board.

"I think the sculpture is very Vancouver. It shows couples walking through the park, that's something that you see there every day," said park board chair Sarah Kirby-Yung. "It's also keeping with Vancouver because the sculpture is four entwined couples that are holding umbrellas and I think that's something that we also see often in Vancouver."

> **I think the sculpture is very Vancouver. It shows couples walking through the park, that's something that you see there every day.** Sarah Kirby-Young

Queen Elizabeth Park was chosen as the site for the public art project after a public vote of 13 suggested locations.

Although there were worries about whether the park was a suitable location, Kirby-Yung said the doubts were washed away by the final design, which seamlessly fits into the park's landscape.

"I think that's one thing that really resonated with the park commissioners," she said, "that it's very site appropriate. I think people will go and use it. Queen Elizabeth Park is our second-most visited park, after Stanley Park, and the notion of locking up your love by hanging a love lock is a ritual that people like to do. I think Vancouverites are going to love it."

The sculpture is expected to be completed and installed at the park's lookout point this August. The public art project will cost $50,000.

**Artist Bruce Voyce's sculpture** will be able to hold several thousand locks and the keys will be melted to become part of the piece. CONTRIBUTED/VANCOUVER PARK BOARD

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# This bionic hand a natural fit

TECHNOLOGY

## Parathlete says Simon Fraser's device feels just like own limb

Danny Letain never imagined he'd be able to "feel" his fingers move again after losing part of his arm in a workplace accident 35 years ago.

But with a new control system for a bionic hand developed by researchers at Simon Fraser University, he's now able to use the remaining muscles in his arm to activate the robotic limb.

The Paralympic skier said he feels as though his own hand is actually opening and closing and he hopes eventually the futuristic-looking device can be developed for daily use.

"This one is way, way different, more exciting, because you're actually moving the fingers in that hand as if it was there," he said. "I'm actually working my fingers (using) my stump, which I've really never done before."

Letain and the research team, dubbed M.A.S.S. Impact or Mass Activity Sensor Strip, demonstrated the new control system at the university's Burnaby campus on Tuesday.

Danny Letain tests a bionic hand at Simon Fraser University in Burnaby on Tuesday. In October, the athlete will test a prosthesis at the world's first cyborg Olympics. JONATHAN HAYWARD/THE CANADIAN PRESS

The system consists of an armband of pressure sensors, which track movements in Letain's remaining muscles as he performs intuitive actions such as grabbing a ball. Computer algorithms then map the data from the sensors to move the bionic hand.

After several minutes of "training" the hand to do different actions, Letain picked up objects on a table, such as a tennis ball and a screw, with only a few fumbles that he chalked up to nerves.

The team is still perfecting the device ahead of the inaugural Cybathlon, or "Cyborg Olympics," in Switzerland in October. Letain will be the only Canadian competing in an obstacle course for people with powered-arm prostheses.

The aim is to spur innovations and test out different devices, but Letain's competitive side kicks in when he talks about the event.

"My plan to compete is keep my cool, but when it comes down to it and I have to get down to business, it'll be a real fast sprint to the finish," he said grinning. "I always say, 'Let's go, Canada!'"

> **When it comes down to it ... it'll be a real fast sprint to the finish.**
> Danny Letain

M.A.S.S. leader Lukas-Karim Merhi said his team's new control system, the "brains" of the bionic hand, differs from other systems in that it's more intuitive.

Other robotic prostheses typically require users to learn how to isolate specific muscles in the arm to power the fingers. The SFU team's design allows people to use their muscles naturally, as they always have, to move the bionic hand.

"Open your hand right now. That's what he has to do," Merhi said.

"Our sensors that are in the socket will recognize that pressure map for that specific grip pattern and then tell the hand to move that way."

Letain lost his left arm below the elbow while working as a locomotive engineer in Castlegar, B.C., in 1980. He was on the side of a boxcar when he got knocked off and was dragged for 11 metres.

Since then he has used a standard hook prosthesis, which runs on elbow and shoulder movement and offers only a limited motion range.

He said he's thrilled by the possibilities of the new device.

"I think it's just amazing that we're here doing this today," he said. "I feel totally privileged to be able to be a part of this, truly." THE CANADIAN PRESS

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COURTS

## Mountie settles with force over sexual harassment suit

A British Columbia Mountie whose sexual-harassment lawsuit against the RCMP prompted similar cases across the country has reached an out-of court settlement with the force.

Cpl. Catherine Galliford, 49, said she was diagnosed with post-traumatic stress disorder after going on sick leave in 2006 and was mentally prepared to face a court battle next year before being blindsided by the settlement.

"What I'm going to start doing is just focus on my healing, my psychological and physical healing from all of this because the trauma has been immense," she said in an interview Tuesday.

Galliford spoke for the RCMP on high-profile investigations including the 1985 Air India bombings and serial murders committed by Robert Pickton.

She said she launched court action four years ago in an effort to address two decades of harassment and bullying.

"What broke me is that I had no one to go to for help," she said, adding that is still the case for harassed Mounties because of an entrenched "abusive culture" within the RCMP.

Change can only happen if senior managers take swift action against abusers and complaints are handled by independent investigators who have no history with the RCMP, Galliford said.

Cpl. Catherine Galliford
RICHARD LAM/THE CANADIAN PRESS

She said policy changes in the midst of her lawsuit have been just "smoke and mirrors."

"The RCMP will not be commenting," Sgt. Harold Pfleiderer said from Ottawa in an email.

Galliford said she started abusing alcohol and became sick at the thought of going to work.

"I want everyone to take away a little bit of hope from this settlement but I also pray for them because if they have to go through what I went through to any degree I wish them strength and hope."

RCMP officer Janet Merlo launched a proposed class-action suit in March 2012, more than two years after she left her job.

Two hearings were held in B.C. Supreme Court last year, and a judge has yet to decide whether the case involving about 450 women will be certified.

Merlo alleged her 19-year career in Nanaimo involved name-calling, sexist pranks and requests for sexual favours.

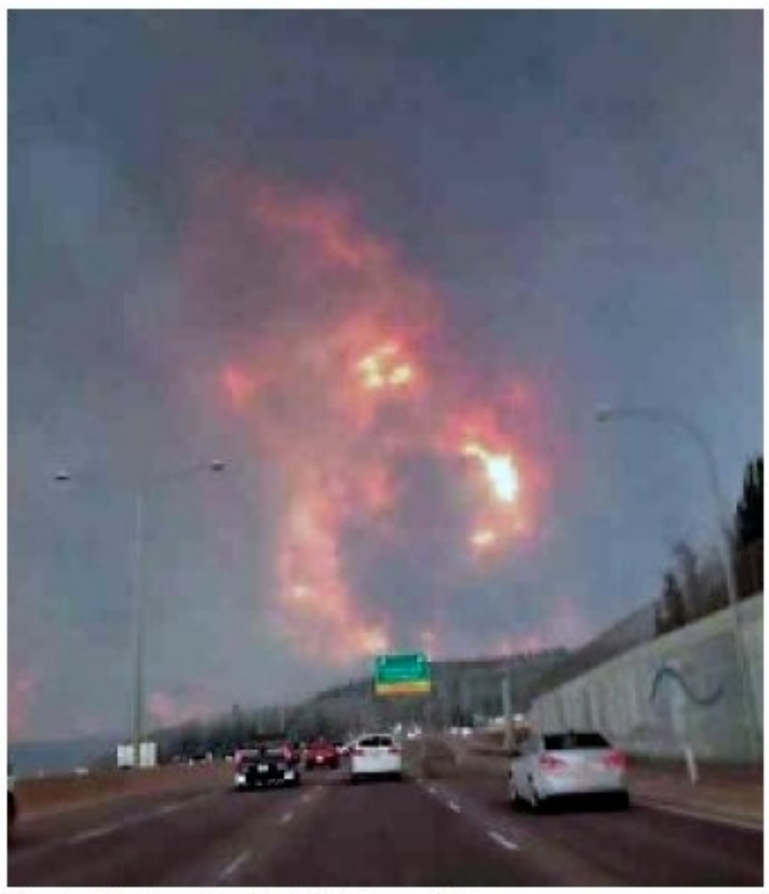
"One supervisor had a blow-up doll, a sex toy that he would blow up late at night and tell the girls to go stand next to it so he could compare statures."

She said a senior manager berated her when she became pregnant with her first child.

"He yelled and screamed and told me I needed to get my priorities straight, that I was either going to have a career in the RCMP or I was going to pop out kids my whole life," she said in an interview from St. John's, N.L.

Merlo said Galliford's settlement sends a positive message that the RCMP is starting to acknowledge its dysfunction.

"She's been through hell and back, and I'm quite relieved that she can now get her life back and move on and heal. Because you can't heal when you're in the midst of all this. I'm waiting for that day, too." THE CANADIAN PRESS



Smoke fills the air in Fort McMurray, Alta. COURTESY JEROME GAROT

# Thousands evacuated

ALBERTA

## Officials warn temperatures could worsen wildfires

Jeremy Simes
For Metro | Calgary

Homes have begun to burn in Fort McMurray as residents flee for safety from a blaze that's doubled in size within a day.

More than 30,000 people have now been ordered to leave Fort McMurray communities.

"My whole life is burning away," said Jenn Tremblett, who has left for Edmonton. "My home is in Gregoire (Fort McMurray neighbourhood) so it may be gone soon.... My family is trying to get out of town."

Tremblett said the community of Beacon Hill is on fire, after a nearby Shell gas station blew up.

"It's very bad," she said.

Fire officials have extended the evacuation order to 10 communities in the city, including Beacon Hill, Abasand, Waterways, Draper, Saline Creek, Grayling Terrace, downtown, Thickwood, Wood Buffalo and Dickinsfield.

On Tuesday evening, a forestry spokesperson said officials are pulling out crews as it has become prime burning time, adding tomorrow is supposed to be more intense.

Unseasonably hot temperatures combined with dry conditions have transformed the boreal forest in much of Alberta into a tinder box.

Fire officials had already warned earlier in the day that rising temperatures and low humidity could help the fire grow.

WITH FILES FROM THE CANADIAN PRESS

### TEMPORARY RESIDENCE

**Oilsands work camps fill with evacuees**

Oilsands work camps were being pressed into service Tuesday to house evacuees as a raging wildfire emptied the city of Fort McMurray. "We've made our work camp available to staff and their families who have been evacuated and need a place to stay," said Cameron Yost of Shell Canada.

"We are looking at getting non-essential people out by aircraft," said Yost, who added Shell's camp could accommodate hundreds of evacuees.

Most oilsands projects are well north of the community, while the worst of the flames were on the city's south side.

THE CANADIAN PRESS

GOVERNMENT

# Census of excitement across Canada

Luke Simcoe
Metro | Toronto

The long-form census is back, and it might just be more popular than ever.

Across the country, Canadians are practically bursting with joy as they open their mailboxes to find their 2016 census forms. Many are turning to social media to share the moment with the masses just as they do some of the biggest moments of their lives — weddings, birthdays and the like.

"Got this in the mail and may have squealed," tweeted Jean-François Claude. "Never thought government paperwork could get me this excited."

In fact, so many Canadians rushed online to fill out the census Monday that the Statistics Canada website crashed for 45 minutes.

The jubilant response to the census didn't surprise Matti Siemiatycki, a professor of planning and geography at the University of Toronto.

"I think the census is a symbol," he said. "It symbolizes for many people that Canada is back, that evidence and sound decision-making is what this country is based on."

The long-form census was cancelled by the Conservatives in 2010, and its return — brought about by the Trudeau Liberals — is good for people living in major cities, said Siemiatycki.

**The 2016 census has Canadians bursting with jubilation.** TWITTER

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# Cruz quits, Trump wins in Indiana

U.S. ELECTION

## Front-runner still needs 200 delegates for nomination

**Ted Cruz** waves to supporters Tuesday night in Indianapolis after ending his campaign. DARRON CUMMINGS/THE ASSOCIATED PRESS

Texas Sen. Ted Cruz abruptly ended his presidential campaign Tuesday night after falling to Donald Trump in Indiana's primary, a devastating loss that left him with no viable path to the Republican nomination. Trump, considered a fringe candidate a year ago, now is poised to represent Republicans in the fall presidential campaign.

"I've said I would continue on as long as there was a viable path to victory; tonight I'm sorry to say it appears that path has been foreclosed," Cruz told a sombre crowd in Indianapolis.

Cruz campaigned aggressively in Indiana, but could not overcome Trump. The billionaire businessman has stunned the Republican Party with his appeal to voters deeply frustrated with Washington and their own party's leaders.

Trump still must win about 200 more delegates to clinch the nomination. But his victory in Indiana — where he picked up at least 45 of the state's 57 delegates — made it all but impossible for Cruz to block him from doing so.

Before Tuesday's results, Cruz had vowed to stay in the race through the final primaries in June, clinging to the possibility that Trump would fall short of the 1,237 delegates he needs and the race would go to a contested convention.

One outside group trying to stop Trump suggested it would shift its attention to helping Republicans in other races. Rory Cooper, a senior adviser to the Never Trump super PAC, said the group will help protect "Republican incumbents and down-ballot candidates, by distinguishing their values and principles from that of Trump, and protecting them from a wave election."

Only about half of Indiana's Republican primary voters said they were excited or even optimistic about any of their remaining candidates becoming president, according to exit polls. Still, most said they probably would support whoever won for the GOP.

On the Democratic side, Vermont Sen. Bernie Sanders won the Indiana presidential primary, scoring a late-season victory over front-runner Hillary Clinton. THE ASSOCIATED PRESS

**Afghan boy Murtaza Ahmadi plays with a football on Tuesday while wearing a shirt donated and signed by Messi in Pakistan's southwestern city of Quetta.** The boy who captivated hearts after he was pictured wearing a plastic bag as an improvised Messi jersey has appealed to the UN refugee agency after fleeing his home. AFP/GETTY IMAGES

AFGHANISTAN

# 'Messi boy' sent into exile

> The Taliban asked why my son was not learning the Qur'an in an Islamic school. Mohammad Arif Ahmadi

The family of a five-year-old Afghan boy who received autographed shirts from his soccer hero Lionel Messi was forced to leave Afghanistan amid constant telephone threats and a menacing Taliban letter, the boy's father said Tuesday.

Mohammad Arif Ahmadi — whose son grabbed headlines when he was photographed wearing a homemade Argentina shirt with No. 10 on the back — said they have moved to neighbouring Pakistan and settled in the city of Quetta, hoping for a better life there.

"Life became a misery for us," said Ahmadi, speaking to The Associated Press over the telephone from Quetta. He added that the family didn't want to leave Afghanistan, but the threats were just getting more and more serious.

Ahmadi said he feared that his son Murtaza would be kidnapped after becoming an Internet sensation — both at home in Afghanistan and beyond — after pictures of him wearing a Messi shirt made out of a striped plastic bag went viral.

Ahmadi said that at first he was not sure who was behind all the phone calls, and that he thought it might criminal gangs seeking to extort money and falsely thinking the family might have made lots of cash amid the boy's international popularity.

But he said he realized it was the Taliban after he received a call from a local driver in the area who told him he was bringing him a letter.

"It was a letter sent by the Taliban," Ahmadi said.

The Taliban have not commented the case of the 5-year-old Murtaza and their spokesman was not immediately reachable for comment.

The Ahmadi family first travelled to the Pakistani capital, Islamabad, but couldn't stay there long because of the high cost of living. They later moved to Quetta.

When the threatening phone calls became more menacing, the family decided to go and "that was the main reason that I left my homeland," he added. THE ASSOCIATED PRESS


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Email: **tradescentre@squamish.net**


## IN BRIEF

**Canadian thrown out of Nepal for tweeting**

A Canadian man has been ordered to leave Nepal within two days after authorities said he posted messages on social media that could disturb social harmony. An official said Robert Penner's work visa was revoked because a report prepared by authorities suggested his critical posts on Twitter threatened national unity. THE CANADIAN PRESS

PHILIPPINES

# Video of hostage's beheading released

Muslim militants in the Philippines have a released a video showing the beheading of Canadian hostage John Ridsdel, an American group that monitors jihadi websites reported Tuesday.

Ridsdel, 68, of Calgary, was one of four tourists — including fellow Canadian Robert Hall, Norwegian Kjartan Sekkingstad and Filipina Marites Flor — who were kidnapped last Sept. 21 by Abu Sayyaf militants.

In a series of tweets, Rita Katz of the SITE Intelligence Group cited the video as saying Ridsdel was beheaded on April 25 "due to non-compliance" of the Canadian government.

Another video shows the three remaining hostages, with the militants threatening to behead them if their demands are not met, she said. THE CANADIAN PRESS

# Risky business if you're a woman

ENTREPRENEURS

## Women are less likely to seek or get bank financing

The myth that women entrepreneurs are risk averse continues to stand in their way of getting financing to help their businesses grow, a major new study concludes.

Women entrepreneurs also said they want more than just a loan from their bank, according to A Force to Reckon With: Women Entrepreneurship and Risk. They want a relationship with a bank that understands their business and their personal needs, the study found.

"Women entrepreneurs, in general, are not satisfied with their experiences with financial institutions," according to the report sponsored by the Bank of Montreal. "In fact, in many instances women entrepreneurs reported that they felt humiliated and frustrated by financial institutions' treatment of them."

One woman entrepreneur said the bank wanted her father to co-sign the loan, the report noted.

Indeed, 80 per cent of the women interviewed for the study said they faced obstacles in getting bank loans.

Women entrepreneurs contributed $148 billion to Canada's economy in 2011, the latest year for which data is available, the study noted.

Yet, they continue to struggle with assumptions they are risk averse, when in fact "women entrepreneurs, like male entrepreneurs, are not all alike," said Clare Beckton, report co-author and head of Carleton University's Centre for Women in Politics and Public Leadership.

The study, which included interviews with 100 male and female entrepreneurs across Canada over a two-year period, found women prefer to take what they call "rational" risks.

"Women are not only interested in the earnings statement but the impact of their business decisions on all aspects of their lives," Beckton said.

Bank of Montreal, which sponsored the study, said it has started incorporating some of the findings into its business.

"We know women are starting more business than men," said Susan Brown, BMO senior vice-president and head of women's strategy. TORSTAR NEWS SERVICE

**NUMBERS**

- **$60,000** – average annual income earned by full-time women entrepreneurs
- **950,000** – number of women who were self-employed in 2011
- **47%** – Portion of Canadian small and medium-sized enterprises (SMEs) partially or majority owned by women

PJ's Pets is closing 27 of its Canadian locations. THE CANADIAN PRESS

# Pet business not a boom for all

Pet parents are driving a booming industry in Canada.

But shoppers looking for bargains or specialty products and services are pushing out mid-size chains from an otherwise growing market. Take for instance PJ's Pets and Pets Unlimited, which operate under separate banners but are one company. Late last month it announced it was closing 27 of its 39 Canadian stores.

Over the past three fiscal years, the company reported annual multimillion-dollar losses between $3 million and $6.9 million, according to a March PwC report.

The report partly attributes the red ink to increased competition from larger pet retailers and retail stores.

Pet store industry revenue in Canada is expected to jump an additional 3.6 per cent this year to $2 billion, according to a recent report by the market research firm. Three major players — PetSmart, Pet Valu and Global Pet Foods — make up more than 40 per cent of the market share. Some, like PJ's Pets and Pets Unlimited, are mid-size operations.

They all face competition from grocery stores that increasingly include a pet supplies aisle and discount retailers.

Those big outlets attract customers by offering lower prices than smaller industry players thanks to advantageous economies of scale. THE CANADIAN PRESS

TALCUM POWDER

# Johnson & Johnson to pay $55M in cancer suit

Johnson & Johnson has been ordered to pay $55 million to a woman who claims its talcum powder caused her ovarian cancer, the second such judgment against the manufacturer in three months.

The ruling in St. Louis late Monday comes amid ongoing debate about the link between the bathroom staple and deadly disease that is often detected too late for treatment. Some studies suggest that women who regularly use talc face up to 40 per cent higher risk of developing ovarian cancer.

Meanwhile, New Jersey-based Johnson & Johnson cites other medical evidence showing its products such as Johnson's Baby Powder and Shower to Shower are blameless.

"Unfortunately, the jury's decision goes against 30 years of studies by medical experts around the world that continue to support the safety of cosmetic talc," Johnson & Johnson spokeswoman Carol Goodrich said in a statement announcing the company's plan to appeal.

The jury deliberated eight hours Monday before ordering the company to pay $55 million to a South Dakota woman who blamed her ovarian cancer on years of talcum powder use. The ruling followed a $72 million award in February from another St. Louis jury to the family of an Alabama woman who died from ovarian cancer, which she said was caused by using Johnson & Johnson's baby powder and other talcum products.

At least 1,200 other talcum powder-related lawsuits are pending, with about 1,000 of them in St. Louis, and another 200 in New Jersey, said Jim Onder, attorney for the plaintiffs in both of the recent cases.

Onder said researchers began connecting talcum powder to ovarian cancer in the 1970s, and that internal Johnson & Johnson documents show the company was aware of those studies.

A spokeswoman for Onder said Gloria Ristesund, the plaintiff in the latest case, declined comment.

THE ASSOCIATED PRESS

**COSMETICS**

Talc is naturally occurring, mined from the soil and composed of magnesium, silicon, oxygen, and hydrogen.

It's widely used in cosmetics and personal care products, such as talcum powder, to absorb moisture, prevent caking and improve the product's feel.

THE ASSOCIATED PRESS

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**TSX**
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Your essential daily news
Wednesday, May 4, 2016

## ROSEMARY WESTWOOD
### ON SOCIAL ACTIVISM IN 2016

# Occupy INAC (Indigenous and Northern Affairs Canada) and Black Lives Matter protests have swept across major cities. These are movements — and people — bettering our country.

All's not quiet in the True North, as witnessed by this spring of discontent.

Occupy INAC (Indigenous and Northern Affairs Canada) and Black Lives Matter protests have swept across major cities from Vancouver to Winnipeg to Montreal. And in Halifax, hundreds marched through the streets in late April to protest gun violence that killed three young black men in less than a week.

All three actions have gained considerable traction and attention and forced responses from powers as high up as premiers and federal ministers.

They are, by and large, the movements of young people — Twitter-savvy and Instagram-curated. They are targeted in their goals and, thus far, remarkably successful.

In Toronto, Black Lives Matter's accomplishments are many and growing: There will be a coroner's inquest into the death of Andrew Loku, who was shot by police while holding a hammer, and a face-to-face meeting with John Tory, the mayor. Ontario Premier Kathleen Wynne has directly responded to the protest, and the province released a (heavily redacted) civilian oversight report on Loku's death last week. Solidarity protests in Vancouver and Montreal have increased the movement's visibility.

Around the same time, Occupy INAC spawned from the Attawapiskat suicide crisis when Toronto protesters set up inside INAC's offices, demanding help. It spread to Winnipeg (which is entering Day 21 of the protest and seeking a meeting with the prime minister) and inspired rallies in Regina and Gatineau, Que.

**TOGETHER** A protester at the Toronto offices of Indigenous and Northern Affairs during April's sit-in protest over the suicide crisis in Attawapiskat. BEN SPURR/FOR TORSTAR NEWS SERVICE

Occupy INAC in Vancouver only ended last week after Carolyn Bennett, INAC's minister, agreed to meet with protesters to discuss their demands: the reinstatement of a $22-million cultural program for off-reserve youth and an increase in indigenous language funding from $5 million to $1 billion.

It has been particularly fascinating to watch these two national movements support one another, share hashtags and disseminate each other's Facebook posts.

It's a slightly different story in Halifax, where activist Quentrel Provo has spent years fighting gun violence that disproportionately leaves young black men dead. His Stop the Violence Spread the Love group has held marches in the city before, but last month's could mark a turning point in the fight to curb violence. Instead of activism aimed at a powerful group, it's a movement that he hopes all in his city will see as their own. Deaths in the black community "affect everyone," he says.

April was an unusually deadly month, and that "really opened up a lot of people's lives that this is reality."

That's sparking greater collaboration between education officials, police and community members on a number of fronts: Police are asking for community help in solving the killings, and the minister of education is meeting with Provo. And Provo is gaining traction for a mentorship program he hopes to launch that will reach boys at an early age and help steer them toward safer, longer lives.

All this is quite something for activist leaders of a generation often painted as feckless and navel-gazing.

"He is the reason I am here," wrote Jerilynn Webster, one of the Occupy INAC Vancouver leaders, on an Instagram photo that included her young son. "I'm not a rebel without a cause. Council of Mothers did this for indigenous kids and youth in Turtle Island. I hope people see this."

Near the start of the protest, the Council of Mothers, as the protesters called themselves, urged Attawapiskat and indigenous youth to "Keep resisting, keep loving and keep speaking your absolute truth because you are being heard."

Certainly, they have been.

The upshot of all this organizing shouldn't be underestimated: a return to discussions of racism and violence in Halifax that could change young lives; a re-think of police accountability in Toronto that has the potential to change how we handle police shootings; increased attention across this country to the needs of often forgotten indigenous youth.

These are movements — and people — bettering our country. For the average Canadian, such as myself, who has not occupied a government building, camped for days outside police headquarters or launched an anti-gun-violence march to bring change, that is a lot to be grateful for.

**They are, by and large, the movements of young people — Twitter-savvy and Instagram-curated.**

# Kicking our opioid addiction requires right prescription

**Alan Cassels**

We are in the midst of a deadly drug epidemic so severe and widespread few people in North America will remain untouched by it.

Typically the suggestion of an epidemic is hyperbolic, but it doesn't seem so in this case. Last month, Dr. Perry Kendall, the provincial Health Officer in British Columbia, said that B.C. has a bona-fide "public health emergency" on its hands, mostly due to the alarming number of overdose deaths linked to prescription opioids.

Opioids include prescription narcotics such as Oxycontin, hydromorph Contin and fentanyl, which some say is 100 times stronger than morphine. Kendall said there were more than 200 opioid-related overdose deaths so far this year in B.C., and if those numbers continue, there'll be 800 by the end of the year.

What's happening in B.C. is representative of what is happening across Canada, where we have some of the highest rates of prescription opioid consumption in the world. From 2006 to 2011, use of opioids in Canada rose by 32 per cent, and that rise has continued unabated.

The United States is also in full-on damage-control mode, trying to stem the incredible numbers of deaths due to opioids. In 2012, there were 259 million prescriptions written for opioids — enough to give every American adult their own bottle of pills. Since 2000, the overdose death rate in the U.S. has risen by 200 per cent.

The problems, as well as potential solutions, are complicated, but I agree with U.S. Surgeon General Dr. Vivek Murthy when he says curbing society's exposure to opioids — particularly those coming from a prescription pad in a doctor's office — is absolutely vital. As he said: "Physicians need to be retrained to think twice — or three or four times — before writing that first opioid prescription."

Indeed, many critics have pointed the finger at prescribers — well-meaning clinicians who've been giving too many patients excessively powerful opioid medications to deal with modest pain. But we can dig deeper and look at pharmaceutical companies' significant influence on doctors.

It's important to recognize that liberal prescribing of opioids is a recent problem and, since the mid-1990s, can be linked to the pharma industry. Doctors have increasingly been encouraged — often via educational materials paid for by opioid makers — to prescribe the drugs.

Is this epidemic not dire enough to finally build a firewall between physicians' education and the pharmaceutical industry?

To tackle the problem, we need unbiased, safety-oriented messages on the appropriate use of opioids. And we need to curb our dependence on drug-company money for doctor training.

**Alan Cassels** is a University of Victoria health policy researcher and author of The Cochrane Collaboration: Medicine's Best-Kept Secret.

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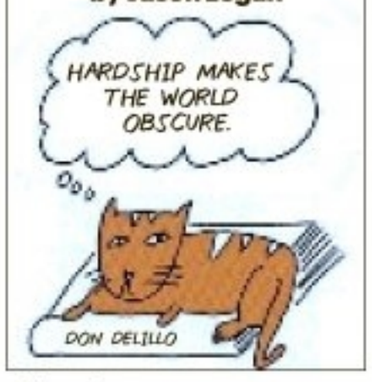


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Your essential daily news

Radiohead drops new single Burn The Witch ahead of word tour that begins this month

# Upgrading to 'queen' of Eastern cuisine

SIROCCO

## Sabrina Ghayour's second book a blend of cultures

Melita Kuburas
Metro | Canada

When Sabrina Ghayour saw the May cover of U.K.'s Delicious magazine hailing her as the "new queen of Eastern cooking," she laughed for a good five minutes.

"I used to be the 'Persian princess' but I've obviously upgraded now to queen," says Ghayour, whose second cookbook, Sirocco, features recipes that are influenced by both her Iranian and European heritage. "If it makes people happy then I'm so honoured to be even the Duchess of Middle Eastern cuisine."

A self-taught cook who has been experimenting in the kitchen since she was about six years old, Ghayour takes the praise in stride. By now, she should be used to it: after the release of her first book, Persiana, in 2014, Ghayour was named by The Evening Standard as one of London's 1,000 most influential people.

Born in Tehran, the cuisine of Ghayour's Iranian background is evident throughout Sirocco but even traditional explanations are paired with a fresh twist — such as the Grilled Peach and Gem Lettuce Salad recipe that comes with a brief ode to the origins of the kebab. Ghayour also incorporates recipe blends from throughout the region, such as the Lebanese baharat and Moroccan ras el hanout.

She doesn't claim any of the homestyle dishes are "authentic," but rather an expression of her personality and expertise.

"If we said 'oh this is authentic Middle Eastern food' people from every country would knock on my door and be like 'hey, hang on a second,'" jokes Ghayour, who moved to London in 1979 with her family.

"I'm not too pedantic about method; about high-honoured tradition. ... I write recipes based on what I'm actually, genuinely eating at home."

**Poverty, availability, regionality, seasonality — all those things dictate what you're going to use.**

Ghayour, on substitutions in recipes

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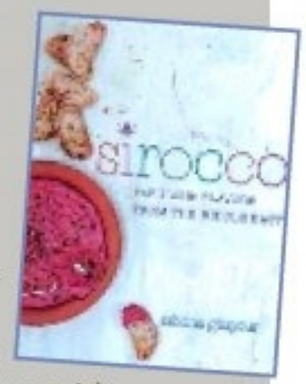



**Makes 18-20 kofta or meatballs**

**Ingredients:**
- 1 pound ground lamb
- 5 ounces dried apricots, finely chopped
- ½ cup fennel seeds, toasted and finely ground
- 2 large eggs
- 1 onion, minced in a food processor or very finely chopped
- 2 heaping teaspoons turmeric
- ½ small package (about ½ ounce) of dill, finely chopped, plus extra to garnish
- 2 heaping teaspoons flaky sea salt, crushed freshly ground black pepper
- vegetable oil

**To serve**
- 5 ounces Greek yogurt
- olive oil or lemon juice (optional)
- sweet tamarind sauce
- small handful of nigella seeds

**Directions:**

**1.** Heat a large skillet over medium heat (or high heat, if using an electric stove). If your pan isn't large enough to cook 18–20 kofta at once without overcrowding, preheat the oven to 325°F for keeping cooked batches warm.

**2.** Put all the kofta ingredients, except the oil, into a large mixing bowl and work the mixture, thoroughly using your hands. Really pummel the meat mixture and ensure the ingredients are evenly combined.

**3.** Drizzle into the hot skillet just enough oil to coat the base and allow it to heat up. Meanwhile, begin rolling your kofta – take a small amount of the meat mixture (about the size of a Ping-Pong ball) and roll it into a smooth ball, then place it in the skillet and fry for about 5–6 minutes on each side or until nicely browned and cooked through. Keep adding more and more balls as you make them, cooking in batches if necessary. Keep the cooked kofta warm in the oven on a baking sheet while you fry subsequent batches.

**4.** Season the yogurt with salt and pepper. If the yogurt is too thick for drizzling, thin it down a little using olive oil and 1 tablespoon water or lemon juice.

**5.** Arrange the kofta on a large platter and pour over a generous drizzle of the seasoned yogurt, followed by a drizzle of sweet tamarind sauce and a sprinkling of nigella seeds. Insert a wooden skewer into each meatball and serve.

JOHANNA SCHNELLER WHAT I'M WATCHING

# TV that embraces animal instincts

**THE SHOW: Silicon Valley, Season 3, episode 2 (HBO)**
**THE MOMENT: The horse sex**

Thomas Middleditch as computer programmer Richard Hendricks in Silicon Valley Season 3. CONTRIBUTED

Brilliant, meek Richard (Thomas Middleditch) invented genius software. But his company's board coldly replaced him as CEO with Jack (Stephen Tobolowsky), who is destroying everything cool about Richard's idea. Richard confronts Jack at a stable — while Jack calmly watches a squealing white stallion with a truly mammoth erection mount a mare. (The horse sex is real.)

Over wild stallion grunts, Richard pleads the case for his software: "People who have nothing could suddenly have access to everything. We could make the world a better place, and make billions of dollars."

The stallion noises drop out; music plays. "Richard, I don't think you understand what the product is," Jack says, smiling. "The product isn't your software."

"Is the product — me?" Richard asks shyly.

"Oh! God no!" Jack hoots. The music stops. The horses shriek. "The product is the stock. Maybe sometime in the future we can change the world. Now excuse me, I paid $150,000 for that stallion's semen, and I'd like to see it happen."

It took me a while to warm to Silicon Valley, where everyone is hapless, voracious or both. I'm thrilled I stuck with it, because Richard's plight is so poignant: He achieved the goal we all dream of — invented something good, moved the needle in a positive way — but the universe craps on him anyway.

This scene dramatizes that magnificently, by setting Richard's royal screwing-over against the most alarming animal screwing you are likely to see. It's one of the most audacious juxtapositions I've witnessed on TV.

**"It took me a while to warm up to Silicon Valley, where everyone is hapless, voracious or both. I'm thrilled I stuck with it.**

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.


## Stroke and Hyperbaric Oxygen Study

**We would like to invite persons (ages 19-85) who have had a stroke in the last 6 months to three years to take part in a research study about Hyperbaric Oxygen as a treatment for stroke (44 visits over 14 months).** The Hyperbaric Oxygen and Stroke study is undertaken by the University of BC and run out of the Hyperbaric Unit at Vancouver General Hospital. The program will be provided free-of-charge to all participants.

Contact the **Hyperbaric Unit at VGH**
**(604) 875-4111 ext. 68469**

UBC

## ROSE REISMAN THE SAVVY EATER

**THIS WEEK: Muffins**

Muffins are favourite for many as breakfast or afternoon snacks, but it's more of a dessert than a Dip Donut.

### PICK THIS

**Tim Hortons Chocolate Dip Donut**

**Calories** 190
**Fat** 6g
**Sugar** 10g

### SKIP THIS

**Tim Hortons Raisin Bran Muffin**

**Calories** 370
**Fat** 12g
**Sugar** 36g

### HERE'S WHY

**Equivalent to 4.5 Rice Krispies Treats in sugar**

Muffins with whole grains, fruit, nuts or dried fruit have the illusion of being a healthy breakfast or a nutritious snack when you need to refuel, but take a closer look. These are sugary and fattening indulgences. We love our baked goods, but they should be a treat, not a regular part of our diet. With close to one quarter of your daily calories and 9 tsp of sugar, this will definitely give you a "muffin top." A lighter pick is the Chocolate Dip Donut, with half the calories, fat and almost a ¼ of the sugar. Think of muffins just as you would a cupcake — a dessert, not a healthy snack.

FOOD TREND

# New eggplant is less oily, more meaty

Eggplant hasn't been a favourite of American home gardeners, but a new hybrid that's billed as an alternative to meat could be changing that.

The hybrid dubbed "Meatball" has powered its way into the home-garden market this spring. It's a cross between existing hybrids and heirloom varieties of eggplant. Sales rival those of tomatoes and peppers, among the most popular items in the W. Atlee Burpee & Co. seed catalogue, said the company's chairman and chief executive officer, George Ball. "This new one is not like any eggplant we've ever bred or found or seen," he said.

The Meatball contains more water, which resists oil in the frying pan, Ball said.

"That makes for a more refreshing and less oily product," he said. "It also is seedless, giving it two important genetic virtues."

Kitchen trials were held with friends, family and focus groups using the Meatball as a hamburger or steak-like primary ingredient, Ball said. "It won hands-down when compared to both veggie burgers and meat" in taste tests, he said.

Maturity dates for the new eggplant range from 55 to 78 days, depending on location.

Eggplants are native to India, much of China and Southeast Asia, so most species thrive in high heat. Many of the later European versions were white or yellow, resembling chicken or goose eggs; hence the name eggplant.

Their earliest use was believed to be more medicinal than culinary. Eggplants' fruit, roots and leaves were used for treating abscesses and intestinal problems.

Thomas Jefferson often has been credited with importing eggplants into American gardens in the late 1700s, but they were slow to gain popularity as a cooking staple, a trend that continues today.

"I took some of my surplus eggplant to a local food bank last year and they said it was the first time they'd ever gotten it," said Marianne Ophardt, Benton County director for Washington State University Extension.

"Recipes are limited for making it more flavourful, which may account for some of its slow acceptance," she said. THE ASSOCIATED PRESS

## LIQUID ASSETS

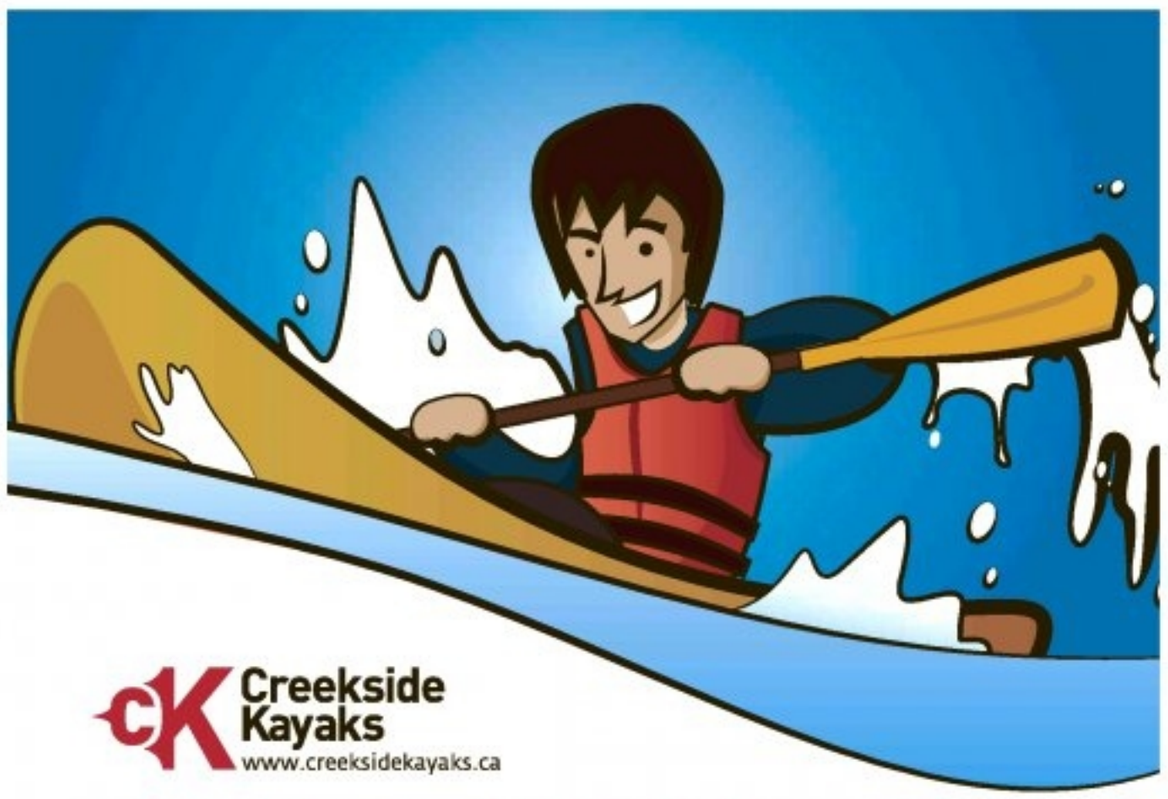
**Canadian cider rules**

For centuries apples have been the base of thriving cider industries in just about every place that produces them except Canada.

While we may be late to the party, the variety of artisan ciders currently being created across our country has never been greater. From Nova Scotia's Bulwark to B.C.'s Lonetree, regional ciders are taking a bite out of their international competition. Our output runs the gamut; from sweet and confectionary to classically dry, with the vast majority originating from fruit picked in local orchards in their home provinces.

Ontario-made Brickworks Batch 1904 (473 ml, $3.10-$3.95) is a dry, English-style craft cider named to commemorate the Great Fire of Toronto, which happens to be Brickworks' hometown. It's a refreshing, apple-forward thirst-quencher that makes an ideal partner for spicier barbecue sauces.

PETER ROCKWELL/METRO



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metro DRIVE

Your essential daily news

Canadian expert worries about amorous activity behind wheel of self-driving cars

# New Honda Accord tough to beat

ROAD TESTED

REVIEW

## Sedan gets tweaked, maintains alpha status

Mike Goetz
For Metro Canada

If you're considering getting into a new family car soon, you don't need to fret too much about which vehicle to get. It's a golden age for intermediate sedans, with lots of no-brainer choices.

These vehicles have all grown in size to be quite substantial and roomy, and all have the on-road performance, comfort, and technological wizardry that was heretofore only available in the luxury ranks.

Honda Accord is one of those can't-go-wrong choices, and for model-year 2016, received a fairly robust "mid-cycle" refresh. As per the nature of these mid-cycle updates, you can't change too much on the outside, save for restyling front fascias and rear bumpers and their respective lighting elements. In Accord's case, those changes were accomplished with more LED lighting and sharper creases. But Honda went the extra mile on the Accord sedan, by also laying on a new weight saving and sculpted aluminum hood, which furthers the "sharp crease" theme. The overall effect, to these eyes at least, is one sharp looking sedan.

Also new is the display and auto interface, now with a standard seven-inch screen, which lets you swipe, tap and pinch, as you would on a tablet or Smartphone.

The touchscreen is paired with an upper screen, to help out with all the display work that needs to be done. Honda's passenger mirror mounted LaneWatch and rear-view cameras feed into this upper display, for example, as well as the text messages, turn by turn directions, and parking sensing alerts.

The interface is not immediately intuitive, but when we expect so much information at our fingertips, something has to give.

While the driver's seat felt comfy off the bat, it was less so over long trips, which found me squirming and fiddling with the seat adjustments many times.

Also part of the refresh was some stiffening of the chassis and shock absorbers, and commensurate changes in the suspension settings. The last Accord was absolutely fine on the road, and this one is a touch finer. This new Accord delivers a comfortable ride and confident handling.

Our test vehicle was a Touring trim, with the 185-hp 2.4-litre I4 and CVT. If you don't think you like CVTs, the automatic on Accord V6 is a traditional six-speed. But can't think of why you wouldn't get along with the 2.4-litre/CVT powertrain: more than enough power; very refined and efficient (9.1 L/100 km, City, 6.8 Highway); and the CVT actually feels quite lively and responsive, and somewhat un-CVT like.

So there's not much to dislike about the 2016 Honda Accord Sedan. An absolutely solid citizen in the intermediate sedan segment.

## THE CHECKLIST | 2016 HONDA ACCORD

### THE BASICS

- **Type.** Four-door, five-passenger, FWD, intermediate sedan
- **Power.** 185-hp 2.4-litre I4, 278-hp 3.5-litre V6
- **Transmission.** Six-speed manual, CVT automatic (I4 models), Six-speed automatic (V6 models)
- **Price.** Base $24,350 (plus destination)

### COOL FEATURES

- Seven-inch Display Audio touchscreen with Apple CarPlay and Android Auto.
- Standard LED daytime running lights and taillights, optional LED fog lights.
- Honda Sensing safety suite

ACCORD IMAGES MIKE GOETZ/FOR METRO; ALL OTHERS HANDOUT

### POINTS

- Current and ninth-generation model introduced in 2013. Received major mid-cycle engineering and styling refresh for MY 2016.
- Since 1982, built at Honda's facility in Marysville, Ohio.
- One of few intermediate sedans still available with a manual transmission.

### MARKET POSITION

- Third best selling intermediate sedan in Canada in 2015, after Camry and Fusion.
- Not as sporty as Mazda6 and Fusion, but extremely competent all-rounder with high levels of refinement.
- Almost as big as one-size up models, like Impala and Maxima.

### THE COMPETITION

**Ford Fusion**
**Base price: $23,249**

**Toyota Camry**
**Base price: $24,655**

**Hyundai Sonata**
**Base price: $24,749**

MILESTONES

# Tesla approaches the 500 km mark with Model S sedan

The new Model S sedan in 90D specification has been given an official US Environmental Protection Agency (EPA) rating of 488 kilometres on a single charge.

The refreshed car has a redesigned nose to reduce air resistance and therefore preserve battery life, but the biggest reason for the jump in range — the outgoing model achieved 476 km under EPA conditions — is a bigger 90kWh battery.

To put the figures into some sort of context, the Nissan Leaf, the Model S's closest competitor in terms of sales, has also just undergone a serious battery overhaul.

However, the heavily revised 30kWh battery car is only capable of travelling 250 km on a single charge and that figure is based on the New European Driving Cycle (NEDC) test.

News of Tesla's new range record arrives as more car companies have started taking electric cars seriously. Volvo has pledged to sell one million electrified cars (hybrid and full EV) before 2025.

"It is going to be a challenge, but Volvo wants to be at the forefront of this shift to electrification," said Håkan Samuelsson, president and chief executive of Volvo Cars.

On Wednesday, the German government announced plans to make electric cars popular and accessible via a €1 billion ($1.44 billion Canadian) scheme to subsidize the cost of buying EV cars, plus a €100 million ($144 million Canadian) fund for installing the requisite charging infrastructure.

However, as green as electric cars can be, a new study from Carnegie Mellon University shows that the level of environmental friendliness of a plug-in car depends largely on where a driver lives.

"Electric vehicles offer the largest benefits for urban drivers in mild-climate regions with a clean electricity grid, such as San Francisco or Los Angeles," says said study co-author Jeremy Michalek, a Carnegie Mellon University professor of mechanical engineering.

AFP

**News of the 2017 Tesla Model S's range record arrives as more car companies have started taking electric cars seriously.** TESLA

metro SPORTS

Dwyane Wade says he's feeling "all kinds of emotions" after hearing that he was Prince's favourite basketball player

# Heat turned up in OT

RAPTORS
MIAMI LEADS 1-0

## Buzzer-beater garners extra time but Dinos still take loss

On a night the Toronto Raptors played poorly, they very nearly pulled off a victory after Kyle Lowry's long-distance buzzer-beater forced overtime.

But it all fell apart over the extra five minutes, as the Raptors dropped a 102-96 decision to the Miami Heat on Tuesday, in Game 1 of their best-of-seven second-round playoff series.

Jonas Valanciunas had 24 points and 14 rebounds, DeMar DeRozan added 22 points, Terrence Ross chipped in with 19, and DeMarre Carroll and Cory Joseph had 10 points apiece.

Goran Dragic scored 26 points to top the Heat, while Dwyane Wade finished with 24, moving into the 16th spot on the NBA's all-time scoring list.

Lowry, who struggled throughout Toronto's opening-round series against Indiana, drained the thrilling 39-foot buzzer-beater to force the extra period. But he was otherwise no better than he was against Indy. The all-star guard didn't get his first assist until 15 minutes into the game, and finished with almost as many fouls (five) as points (seven). He had just six assists.

The game between the No. 2 and 3 seeds was tightly matched from the opening tipoff with 15 lead changes through the first three quarters.

The Heat took a narrow 68-63 lead into the fourth, but they'd stretched it to 10 points barely two minutes into the quarter. The Raptors chipped away at the lead, and Joseph's driving layup with a minute to play cut the Heat's lead to two points, but Dragic responded with a gut-wrenching three-pointer with 41 seconds left.

Two Miami turnovers and a loose ball foul allowed Toronto to come back in the dying seconds. With Toronto down 89-83, Ross hit a three-pointer. The Heat managed just one free throw as Ross hit a free throw and Lowry sank the tying three from long distance.

The Raptors almost had another bite of the apple in overtime, when six Raptors points pulled Toronto to within three with 27 seconds left. But Wade pounced on a Toronto turnover to clinch the victory for Miami.

Game 2 is Thursday in Toronto, then the series shifts to Miami for Games 3 and 4.

THE CANADIAN PRESS

Heat centre Hassan Whiteside fouls Raptors centre Jonas Valanciunas on Tuesday night.
NATHAN DENETTE/THE CANADIAN PRESS

GAME 1 In Toronto

| | |
|---|---|
| 102 | 96 |

SPEEDSKATING

# Morrison focusing on stroke recovery

Sleep and more sleep is what Olympic speedskater Denny Morrison is doing these days while recovering from a stroke.

"Since I've gotten home, I've been sleeping 10 or 12 hours a night and then having a three-hour nap during the day because I'm exhausted all the time," Morrison said Tuesday while speaking to the media for the first time since his ordeal.

The owner of four Olympic medals, including a team pursuit gold from 2010, flew back to Calgary last week after spending three nights in a Salt Lake City hospital.

Morrison, a 30-year-old from Fort St. John, B.C., will continue to take it easy for six weeks before deciding on his next steps.

He and girlfriend Josie Spence were en route to Canada on April 30 after mountain biking the Arizona Trail, when the left side of Morrison's face drooped and his speech slurred "like I had 45 shots of whatever."

Spence, also his teammate on the Canadian long-track team, insisted he get to a hospital, which Morrison agrees was "a good move."

His condition initially deteriorated upon arrival, but then improved to the point where an emergency surgery was cancelled.

"It was quite frightening for her as well as for me," Morrison said. THE CANADIAN PRESS

**DECORATED**

Morrison won silver and bronze for Canada's only long-track Olympic medals in 2014.

## NHL IN BRIEF

**Letang suspended one game for hit to the head**

The Pittsburgh Penguins will be without their best defenceman for Game 4 of their second-round series against the Washington Capitals.

Kris Letang has been suspended for one game for his elbow to the head area of Capitals winger Marcus Johansson on Monday night.

Johansson's status for Game 4 is unclear.

THE CANADIAN PRESS

**Flames fire 2014-15 coach of the year**

The Calgary Flames fired Bob Hartley on Tuesday, less than a year after he was voted the NHL's coach of the year.

Calgary regressed by 20 points in 2015-16 after reaching the second round of playoffs the previous season, finishing with a 35-40-7 record. Only Vancouver and Edmonton posted fewer wins in the Western Conference.

THE CANADIAN PRESS

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# Lightning rally to stun Islanders in OT

NHL PLAYOFFS

## Boyle bangs in winner to give Tampa Bay series lead

Brian Boyle scored at 2:48 of overtime to lift the Tampa Bay Lightning to a 5-4 victory over the New York Islanders on Tuesday night for a 2-1 lead in their second-round series.

Nikita Kucherov tied it in the final minute of regulation, and Ryan Callahan, Victor Hedman and Vladislav Namestnikov also scored for the Lightning. Ben Bishop stopped 35 shots.

On the winning goal, the Lightning were on an odd-man rush and Hedman fired a shot from the left side that was wide, but the rebound came off the boards and right to Boyle in front at the right side of the goal and he tapped it in for the win.

**Brian Boyle bangs in the overtime winner on Tuesday in Brooklyn.** BRUCE BENNETT/GETTY IMAGES

Josh Bailey, back after missing the first two games of this series with an upper-body injury, had two goals, and Nick Leddy and Cal Clutterbuck also scored for the Islanders. Thomas Greiss finished with 36 saves.

Game 4 of the best-of-seven series is Friday night.

With Bishop pulled for an extra skater, Kucherov's NHL-leading seventh goal of the playoffs evened it with 38.4 seconds remaining. Jonathan Drouin, who returned earlier in the period after taking a hard hit from Thomas Hickey in the second, was skating toward the goal-line and sent a centring pass back to Kucherov, who fired it past Greiss for the fourth tie in the seesaw game.

Clutterbuck had given the Islanders a 4-3 lead with 8:37 remaining as he got the puck on a deflection of an outlet pass by the Lightning off the skate of the Islanders' Casey Cizikas, and beat Bishop on the blocker side high and in off the crossbar.

THE ASSOCIATED PRESS

**IN NASHVILLE PREDS CLIMB BACK INTO SERIES** James Neal celebrates his goal against the San Jose Sharks during the Predators' 4-1 win on Tuesday night. San Jose still holds a 2-1 series lead. FREDERICK BREEDON/GETTY IMAGES

## IN BRIEF

### Away goal sends Atletico through to European final

A goal from Antoine Griezmann sent Atletico Madrid to the Champions League final for the second time in three seasons despite a 2-1 defeat at Bayern Munich on Tuesday.

Atletico, which lost to city rival Real Madrid in the 2014 final, progressed on the away goals rule with an aggregate score of 2-2 after winning the first leg of their semifinal in Madrid 1-0. THE ASSOCIATED PRESS

### Smoak gives Blue Jays walk-off win over Rangers

Justin Smoak tied the game in the ninth, then hit a walk-off homer in the 10th inning to lift the Toronto Blue Jays to a 3-1 victory over the Texas Rangers on Tuesday.

Smoak sent the first pitch he saw off Rangers reliever Phil Klein in the 10th over the left-field wall. Edwin Encarnacion led off the 10th with a single.

THE ASSOCIATED PRESS


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# RECIPE Orecchiette with Turkey and Broccoli

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

A light, healthy and simple mid-week meal you can make in less than 30 minutes.

**Ready in**
Prep time: 10 minutes
Cook time: 15 minutes

**Ingredients**
- 1 lb (450 g) orecchiette
- 4 cups of broccoli florets, cut them quite small
- 3 Tbsp olive oil
- 4 cloves garlic, minced
- 1 onion, chopped
- 1 tsp fennel seeds or fresh thyme
- 1/2 tsp crushed dried chilis (optional)
- 1 lb ground turkey
- 1 cup chicken stock
- 1/2 cup grated Parmesan cheese

**Directions**

**1.** Put a big pot of salted water on to boil and cook the pasta according to package instructions.

**2.** Warm your olive oil in a large skillet over medium heat. Add the garlic, onion, fennel seeds or thyme and chilis and cook for about three minutes. Add the turkey and cook for another five minutes, until the meat is browned and almost cooked through.

**3.** Carefully add your broccoli to the cooking pasta two minutes before the pasta will be done. Drain the pasta and broccoli and then add them to the skillet.

**4.** Toss everything together well. Add the stock and toss more. Taste and check seasoning. Serve in a big bowl with a healthy sprinkle of Parmesan on top.

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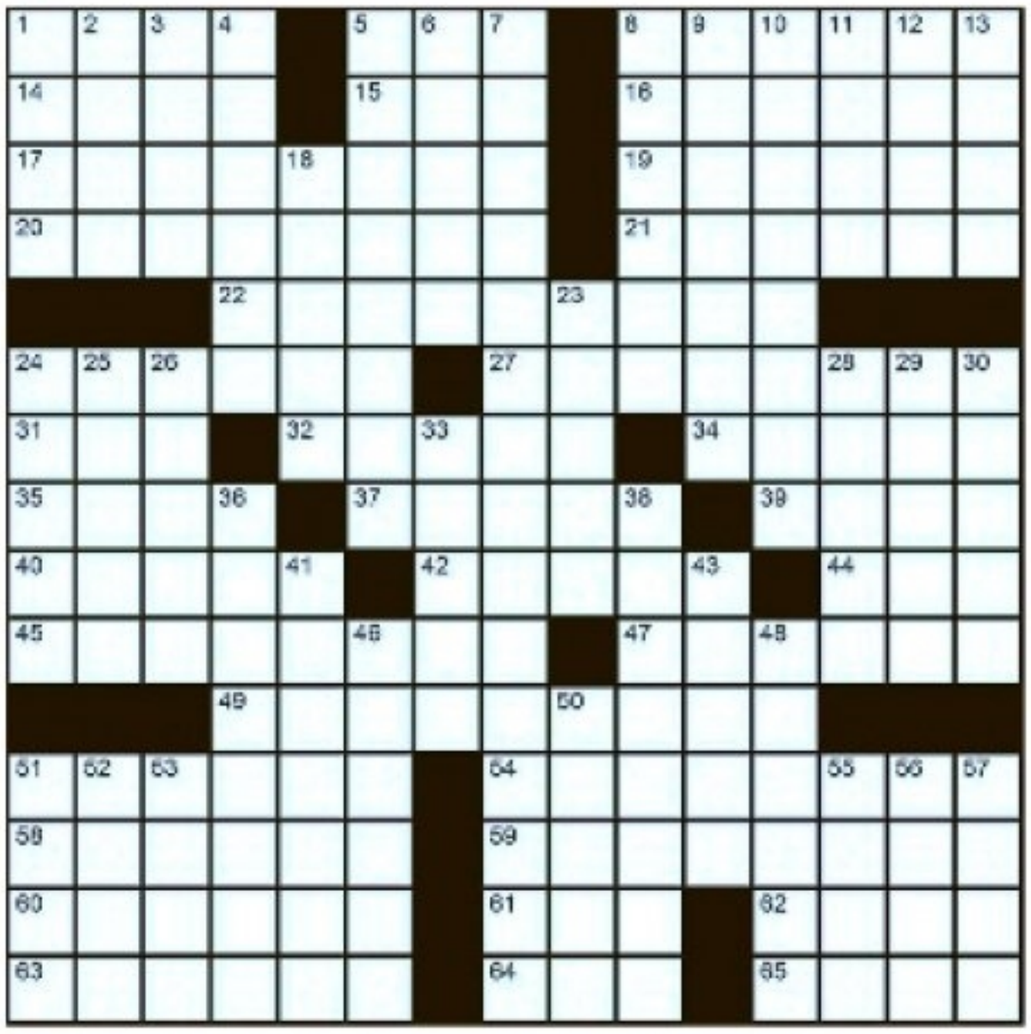
# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. _ Tavern (Hang-out on FOX cartoon "The Simpsons")
5. Tiny total
8. Jostles someone in the queue
14. _ and for all (Finally)
15. Old French coin
16. From Eternity connecter (1953 film): 2 wds.
17. So sooo tense... Moving day or job change, for example
19. Angle measurement unit
20. Toronto's locale, _ Ontario
21. Wickedly
22. New show on HGTV Canada featuring all the big stars from the network: 3 wds.
24. Brilliant
27. Hit for Canadian singer Kiesza
31. Three
32. Ms. DeGeneres
34. Apple pie serving
35. Slangy one-eighty turns
37. Inners in eggs
39. Greek portico
40. Johann Sebastian's classical surnamesakes
42. Central meanings
44. Many mins.
45. Farley, for one, in Canadian comic strip For Better or For Worse
47. Take back a statement
49. Ranger's nature danger worry: 2 wds.
51. Corral: 2 wds.
54. Insensitive
58. Holding: 2 wds.
59. Observes the meeting: 3 wds.
60. Mr. Clooney
61. City in Florida, for short
62. Three squared
63. "_ Pointe Blank" (1997) starring John Cusack
64. Napoleonic Wars marshal
65. Border

**DOWN**
1. _ Park (Toronto neighbourhood)
2. "Hang _ _ Your Life" by The Guess Who
3. Beige
4. Boil under the collar
5. Some _ Required (Furniture-in-a-box notice)
6. Actress Demi
7. Hit for Canadian band Big Sugar: 4 wds.
8. Astute
9. Villains in movies
10. Spots in number sequences
11. Bridal accessory
12. And others, for short: 2 wds.
13. TV brand
18. Beach
23. Moos, cluck-clucks, baas ...and what other farm sounds?
24. Ticket remnants
25. "Easy Livin'" by _ Heep
26. Fragment
28. "Die Hard: _ _ Vengeance" (1995)
29. Squirrel's snack
30. Brewer's _
33. Brand/business symbols
36. Mothers to forest cubs, say: 2 wds.
38. Stringently
41. Leaps
43. Works by Spain's famous single-named muralist
46. "Crocodile _" (1986)
48. Canadian singer Ms. Dion
50. Laissez-_
51. Diana of "The Avengers"
52. Singleton
53. "Bah!"
55. Barenaked Ladies tune
56. Tune
57. Snick-or-_

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20
This afternoon is an excellent time for business and commerce. Trust your moneymaking ideas. Business-related travel is likely. Enjoy!

**Taurus** April 21 - May 21
Today gets better as it wears on. By this afternoon, you feel upbeat and keen to socialize. Because you are so positive, people will enjoy your company.

**Gemini** May 22 - June 21
Today you have an overall sense of well-being. In turn, this might prompt you to do a good deed for someone or practice a kindness.

**Cancer** June 22 - July 23
This is a wonderful, popular day! Group activities will be successful this afternoon and this evening. A friend might help you with domestic or family activity.

**Leo** July 24 - Aug. 23
It's easy to make a great impression on bosses, parents and VIPs today, especially in the afternoon. (Because others are so impressed with you, use this time to ask for what you want.)

**Virgo** Aug. 24 - Sept. 23
After midday, it's a great time to make travel plans for the future. It's also a profitable time to explore publishing, the media, medicine and the law. Just do it!

**Libra** Sept. 24 - Oct. 23
This is a curious day. Do nothing this morning; however, the afternoon is an excellent time to settle disputes about shared property. It's also a good time to discuss inheritances or get a loan or a mortgage.

**Scorpio** Oct. 24 - Nov. 22
Relations with others are warm and friendly today! Enjoy schmoozing with partners and close friends, especially later in the day.

**Sagittarius** Nov. 23 - Dec. 21
Things will go well at work today. Relations with co-workers are positive, in addition to which, you will enjoy work-related travel later in the day.

**Capricorn** Dec. 22 - Jan. 20
New love might occur for some of you today. All of you will have a fun-loving day, especially in the afternoon and evening. Enjoy sports events, playful times with children and the arts.

**Aquarius** Jan. 21 - Feb. 19
This is an excellent day for real-estate deals if you wait until after the noon hour. Anytime in the afternoon and evening are profitable times for family gatherings.

**Pisces**
Feb. 20 - March 20
This is a happy day for you simply because you're in a positive frame of mind. Well, everything starts with a thought, doesn't it?

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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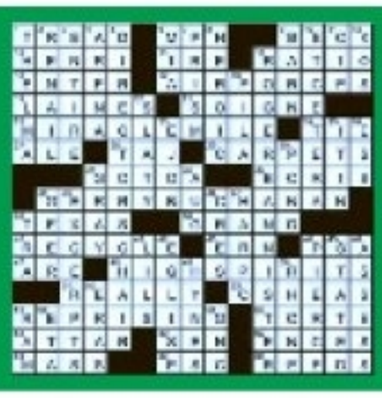
## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

**for more fun and games go to metronews.ca/games**



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